

# MILACA FOOTBALL 2017

The image features a solid red background. On the right side, there are several white diagonal lines of varying lengths and thicknesses, creating a sense of motion or a stylized graphic element. The text 'MILACA FOOTBALL 2017' is centered horizontally and underlined.

# 9-12 COACHING STAFF

## ▶ Varsity and JV

- ▶ **Head Coach: Kevin Armbrust**
  - ▶ Offensive Coordinator
  - ▶ Quarterbacks
  - ▶ Linebackers
- ▶ **Defensive Coordinator: Craig Talberg**
  - ▶ Defensive Backs
  - ▶ Receivers
- ▶ **JV Defensive Coordinator: Evan Bartlett**
  - ▶ Offensive Line
  - ▶ Defensive Line
- ▶ **JV Offensive Coordinator: Eric Tye**
  - ▶ Running Backs
  - ▶ Linebackers
- ▶ **Volunteer Assistant: Pat Broberg**
  - ▶ Offensive Line
  - ▶ Defensive Line

## ▶ 9<sup>th</sup> Grade

- ▶ **Head 9<sup>th</sup> Grade Coach: Jeremy Mikla**
  - ▶ 9<sup>th</sup> Grade Offensive Coordinator
  - ▶ Receivers
  - ▶ Defensive Backs
- ▶ **9<sup>th</sup> Grade Defensive Coordinator: Paul Arens**
  - ▶ Offensive Line
  - ▶ Defensive Line
- ▶ **Volunteer Assistant: Kyle Shepard**
  - ▶ Offensive Line
  - ▶ Defensive Line

# 3 PROGRAM VALUES

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# DRIVE

- ▶ Physically: Trigger first, accelerate quicker
  - ▶ Psychologically: Empower our players to take charge
    - ▶ Internally Motivated Players
    - ▶ Player-Led Team
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# ENDURANCE

- ▶ Physically: 4 Quarters of play regardless of outcome
  - ▶ Psychologically: Fail intelligently
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# BALANCE

- ▶ Physically: Whole-Body activation during lifts, workouts, and practice
  - ▶ Psychologically:
    - ▶ Life Lessons with Competitive Outcomes
    - ▶ Aspirations for success at the State level with the reality of the Daily Grind
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# PROCEDURES AND NORMS

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# POST-SEASON AWARDS

- ▶ Voted on by Varsity/JV Team
    - ▶ MVP Offense
    - ▶ MVP Defense
    - ▶ Lineman of the Year
    - ▶ Wolf Pride
  - ▶ Voted on by Coaching Staff
    - ▶ All-District
    - ▶ All-District Honorable Mention
  - ▶ 9<sup>th</sup> Grade
    - ▶ Pizza Party after season is concluded
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# CAPTAINS

- ▶ Voted on by Varsity/JV Team and by the staff at the beginning of the season
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# RULES AND EXPECTATIONS

We will review the document together...

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# ABSENCES

## UNEXCUSED ABSENCES

- ▶ First Unexcused: Extra conditioning at head coach's discretion
- ▶ Second Unexcused: Sit the next JV/Varsity game
- ▶ Third Unexcused: Removal from team
  - ▶ Reinstatement must be asked by the player from the head coach
  - ▶ Reinstatement is at the discretion of a head coach, and it will result in a no-game period of at least one week, in addition to other guidelines specified by the head coach

## EXCUSED ABSENCES

- ▶ Multiple, Excused Absences *will likely* result in loss of playing time
  - ▶ The players who are at practice and giving effort are the ones who are getting prepared, and they will be the ones who we want to put in JV and Varsity games
- ▶ **Absences are excused in the following circumstances:**
  - ▶ A parent notifies the coach ahead of time via phone/voicemail or email
  - ▶ A parent notifies the coach with a written, signed, and dated note in advance of an absence
  - ▶ A doctor note shows that a player must miss practice
  - ▶ Any circumstance where a player has to miss practice must be brought to the head coach's attention as soon as possible
  - ▶ If you are injured, you must come to practice until the head coach gives you permission otherwise

# LETTERING POLICY

- ▶ Players who are regular starters and/or contributors in varsity games on Offense, Defense, and/or Special Teams will receive a varsity letter, but they must also finish the full varsity season with the team
- ▶ All seniors who finish the full varsity season with the team will receive a varsity letter

**ADDITIONAL**  
**INFORMATION AND**  
**UPDATES**

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# GENERAL COMMUNICATION

- ▶ Announcements made via Facebook
  - ▶ Facebook.com/milacafootball
- ▶ Milacafootball.com
  - ▶ Placeholder for schedules, catalogs, reminders, and other pertinent information
  - ▶ Check schedules frequently for any changes
- ▶ [www.graniteridgeconference.org](http://www.graniteridgeconference.org)
  - ▶ All Conference schedules updated

# POST-GAME PRACTICES

- ▶ Take place from 8am – 9:30am the day after each varsity game (unless played during the week, as in playoffs)
- ▶ It is not optional for Varsity players
  - ▶ Varsity players = anyone who does not travel with 9<sup>th</sup> or JV
- ▶ Everyone else is welcome to attend to become a better player

# “TWO-A-DAYS”


- ▶ August 14<sup>th</sup>, 16<sup>th</sup>, 18<sup>th</sup>, and 22<sup>nd</sup>
  - ▶ 8am-2pm
- ▶ Players start on the field warming up at 7:45am
- ▶ Between the two practices, players will have a two-hour break that includes the following:
  - ▶ A bag meal
  - ▶ Position group meetings
  - ▶ Film
  - ▶ Chalk talk
- ▶ Players can bring with healthy additions to the provided meal, including fruit, vegetables, and water
- ▶ Players will not leave the organized team sessions between the two practices
- ▶ The second practice will be done approximately at 2pm




# FIRST 2 WEEKS OF PRACTICE

- ▶ Players are responsible for taking equipment to and from practice as it is issued to them
  - ▶ Arrive ready to practice
  - ▶ When in full pads, arrive wearing pants
- ▶ Park in the student lot
- ▶ Wear tennis shoes across the new asphalt to the concession stands
- ▶ Change into cleats at concession stands
- ▶ ALL PLAYERS MUST BRING A NOTEBOOK AND WRITING UTENSIL

# SCHEDULE CHANGE FOR FRIDAY, AUGUST 25<sup>TH</sup>

- ▶ Practice will be 8-11am with pictures as part of that
  - ▶ 9-12 players will return to the concessions @ 5pm to participate in our Gold Card Blitz
  - ▶ Gold Cards and money are due by 7pm that night
  - ▶ Junior High Players have an extra week and are not required to participate in the blitz
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# TACKLE CANCER GAME/PARENTS NIGHT

- ▶ Friday, October 13<sup>th</sup> vs. Watertown-Mayer
  - ▶ All parents of players dressing for the varsity game will be announced with their player before the game starts
    - ▶ More information about arrival time will be distributed closer to the game
  - ▶ Donations will be taken at the game for the Randy Shaver Tackle Cancer foundation to raise money for Cancer Research
    - ▶ This is being done in cooperation with the Minnesota Football Coaches Association
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# OTHER GAME ADDITIONS/CHANGES

- ▶ 9<sup>th</sup> Grade vs North Branch

- ▶ October 12<sup>th</sup> @ 5pm

- ▶ JV @ Watertown-Mayer

- ▶ October 16<sup>th</sup> @ 5pm

- ▶ Practice on August 30<sup>th</sup> will be from 8am-11am

# CURRENT PROGRAM NEEDS

- ▶ Chain Gang volunteers for lower level games
    - ▶ 7<sup>th</sup> – 9<sup>th</sup> grade games
  - ▶ Statistician for all varsity games
  - ▶ Contact Coach Armbrust
    - ▶ [kevin.armbrust@milaca.k12.mn.us](mailto:kevin.armbrust@milaca.k12.mn.us)
    - ▶ (320) 492-2608
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